

Tobacco Protective and Risk Factors

NIDA research has found that there are protective and resiliency factors, which may protect an individual, especially children, from developing nicotine and/or drug related problems. These factors usually function at various and multiple levels including peer group, family, community, school and the media. Generally the more protective and resiliency factors the better, in order to balance and counter the effects of risk factors.

Protective Factors

- Stable temperament
- Strong Parent-Child bond
- Regular parental supervision and discipline
- Bonding to positive social institutions
- High degree of motivation
- Good refusal and resistance skills
- Non-tobacco using parents, siblings and peers
- Consistent community wide anti-drug use norms and messages

Tobacco Risk Factors

The following factors have been found to increase the potential and risk of using tobacco.

Individual Risks

- Aggressive, impulsive and shy personality traits
- Poor academic achievement

Family Risks

- Poor monitoring by parents
- Exposure to tobacco by parents and siblings

School Risks

- Norm is pro drug and tobacco use
- Availability on or near school

Community Risks

- Lack of after school academic and recreational programming
- Low level of law enforcement of minors use of tobacco